6 and up

GAMZE

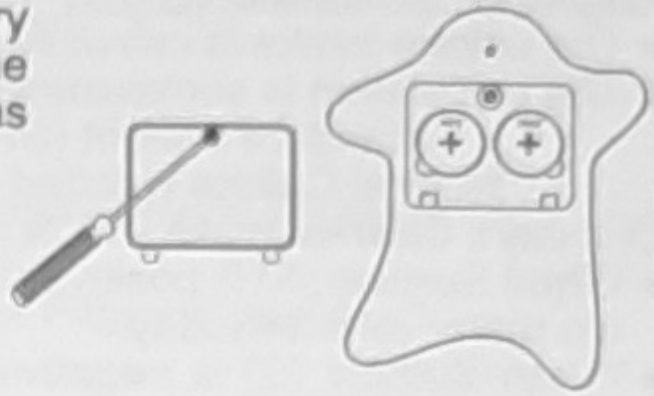
# FITBOYZ

MAKE MORE FRIENDZ

# INSTRUCTION MANUAL

## REPLACEMENT OF BATTERIES

To insert the battery, remove the battery compartment cover at the back of the game by unscrewing it. Insert 2×AG13 batteries as shown in the figure.



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## CAUTION

- Batteries should be replaced by an adult.
- Not suitable for children under 36 months.
- May contain small parts.

## BATTERY SAFETY

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the toy before being charged
- Rechargeable batteries are only to be charged under adult supervision.
- Different types of batteries or new and used batteries are not to be mixed.
- Only batteries of the same or equivalent type as recommended are to be used.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the toy.
- The supply terminals are not to be short-circuited.

## INTRODUCTION

If you are looking for a fun way to learn about diet and how to achieve a healthy weight, then you've purchased the right product.
Unlike traditional virtual games, your Fitboy will conduct the lifestyle he wants to. His typical timetable could be as follows:

| | |
|---|---|
| 0700 | Breakfast |
| 0800-1100 | Play |
| 1200 | Lunch |
| 1300-1400 | Play |
| 1500 | Afternoon Tea |
| 1600-1900 | Play |
| 1900 | Dinner |
| 2000-2100 | Watch TV |
| 2200 | Bedtime snack |

You must intervene and make him conduct a healthy life style through good diet, regular meals and sufficient exercise.
In this game unit, it is assumed that your Fitboy will follow the life style you set for him for seven days. One day in our human life will be seven days in the Fitboyz virtual world. You will notice the changes in Fitboy's outlook are faster and more vigorous than you will see in our world.

## WEIGHT CALCULATION:

- The calorie intake is calculated on a daily basis (0:00~24:00).
- The calculation is summarised as follows:

Standard Weight (SW) = Height (m) X Height (m) X 22

Normal Calorie Needed (NCN) = Standard Weight (SW) X 35

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One day's Calories Intake – NCN – One day's Calories Consumption = Surplus (S)

- When Surplus (S) is positive (S>0), it means that your Fitboy has consumed too many calories today.
- When Surplus (S) is negative (S<0), it means that your Fitboy has taken insufficient calories today.
- The calorie surplus will accumulate in the body and your Fitboy will become heavier.
- For every 7200 calories of accumulated surplus, your Fitboy's weight will increase by 1 kg. Similarly, for every loss of 7200 calories, your Fitboy's weight will decrease by 1 kg.

## BODY MASS INDEX (BMI):

BMI = Weight (kg) / (height (m) X height (m))

- When the Height is fixed, BMI changes based on Fitboy's weight, and weight changes based on accumulated calorie surplus.
- If your BMI is less than 20 , you are underweight.
- When the index is 20~25 , it means you are within the normal range.
- When the index reaches 25~30 , you are overweight.
- You are obese when the index is over 30 .
- The body shape displayed on screen will change according to the BMI. The change in body shape occurs at midnight when the unit does its calculations.

## LIFE STYLE INDEX (LSI):

In addition to BMI, we also measure the life style index to measure your health.

The LSI will be reset to 0 at midnight every day. The unit will store the LSI of the past three consecutive days ($LSI_{-1}$, $LSI_{-2}$ and $LSI_{-3}$) and together with today's $LSI_0$.

- If the result is negative , it means Fitboy's life style is bad.
- If the result is within 0~5 , Fitboy's life style is normal.
- When within 6~10 , Fitboy's life style index is good.

- When over 11 Fitboy's life style is excellent.

## PHYSICAL STRENGTH INDEX (PSI):

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The Physical Strength Index (PSI) is a measure of how fit Fitboy is:

- When PSI is negative (PSI<0) , it means Fitboy is weak;
- When PSI is within 0~4 , it means Fitboy's health is normal;
- When PSI is within 5~14 , it means Fitboy is fine;
- When PSI is over 14 , Fitboy is excellent. In this unit the maximum PSI value you can have is 20.

The PSI changes with exercise according to the following rules:

- You will lose a point in PSI if he takes no exercise for a day.
- For 3 consecutive days, if he consumes more than 300 Kcal but less than 600 Kcal per day through exercise, a point will be credited to his PSI;
- For 3 consecutive days, if he consumes more than 600 Kcal but less than 2000 Kcal per day, several points will be credited to his PSI;
- Too much exercise can be harmful. He will lose points if he consumes more than 2000 Kcal through exercise in any single day or exercise more than five times a day;

In addition to doing exercise, taking sufficient fluids is vital for his health. It is recommended that he drinks around 8 glasses of water everyday, in order to maintain a healthy PSI.

## KEY DEFINITION

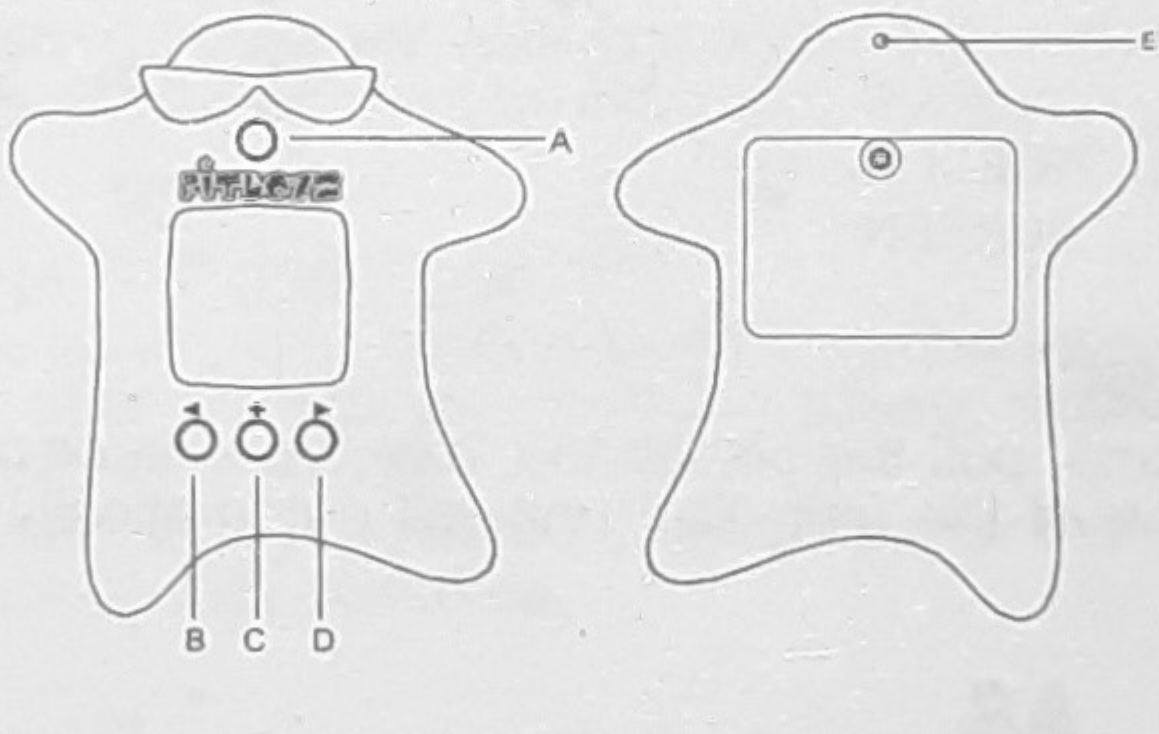
A- ESC

B- LEFT

C- ENTER

D- RIGHT

E-RESET



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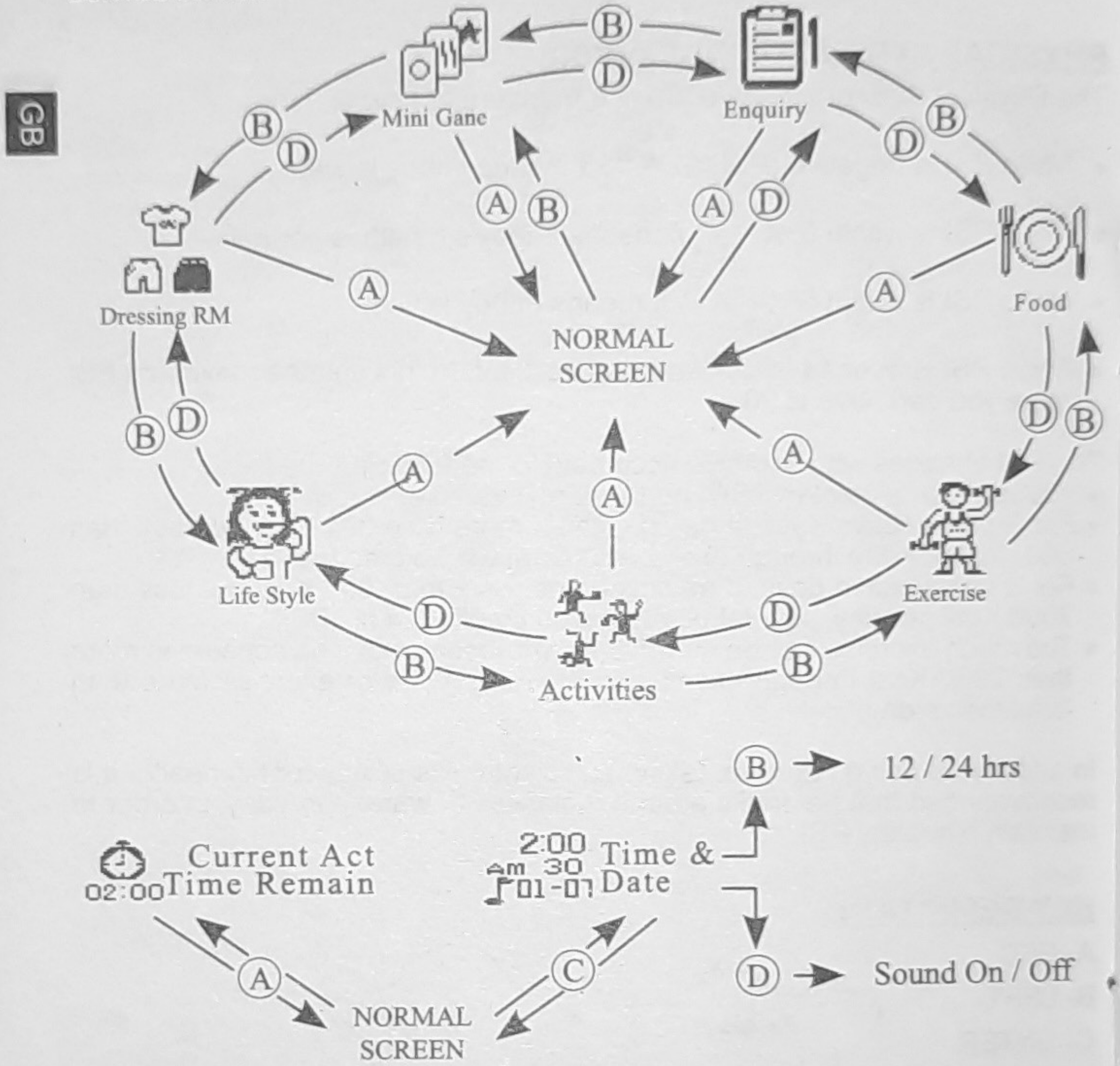
Refer to the diagram below for the basic operation flow using the various key defined earlier.




## START THE GAME

To activate the game, pull the plastic tab from the side or press the RESET button on the back of the unit. The unit will automatically enter the name setting mode.

### Setting the name

- Press B or D to search through the alphabet. Press C to confirm a letter and move into the next space or press A to go back to the previous space.

- Your Fitboy's name has a maximum of 5 letters;
- By confirming the last letter of your Fitboy's name, the unit will automatically enter the weight setting mode.

## Setting the weight

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- Once you enter the weight setting mode, press B or D to choose between Kilogram (K) and Pound (P). Press C to confirm your selection;
- Press B or D to set the weight using your chosen denomination (K or P), press C to confirm and A to go backwards;
- After you have confirmed his chosen weight, the unit will enter the height setting mode.

## Setting the height

- Press B or D to choose between Metres (M) and Feet (F). Press C to confirm your selection;
- Having confirmed the denomination, press B or D to set the height. Press C to confirm and A to go backwards;
- In this game, you are advised to set your Fitboy 's height and weight the same as you, so that you can monitor how well you are doing in real life;
- In some extreme cases, however, if your BMI is too extreme and your Fitboy may reach the game end condition too soon, you may want to use other figures, for example,

| Metre | Kilogram | Feet | Pounds |
|---|---|---|---|
| 1.0 | 23 | 3.3 | 50 |
| 1.2 | 33 | 3.9 | 73 |
| 1.4 | 45 | 4.6 | 99 |
| 1.6 | 59 | 5.2 | 130 |
| 1.8 | 75 | 5.9 | 165 |
| 2.0 | 92 | 6.5 | 202 |

The value suggested above will give you a BMI within the normal range i.e. 20-25. This will give you sufficient time to enjoy the game.

## Setting the Date and Time

- Press B or D to adjust; C to confirm and A to go backwards;
- The time and date are adjusted in the following sequence MONTH <-> DATE <-> HOUR <-> MINUTE
- It is very important that you set the correct time for the unit as your Fitboy will follow an actual daily schedule.

## Sound ON / OFF

Finally, you can choose between sound ON (the left icon) and OFF (the right icon). Once confirmed (by pressing C) the game starts.

## MENU FUNCTION

As shown in the diagram above, there are seven menu functions altogether. Press B and D to browse through different functions and press C to make a choice. At anytime, press A to exit from the menu selection screen.

A- Enquiry
B- Food and Snacks
C- Exercise
D- Activities
E- Life Style
F- Dressing Room
G- Mini Games

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### *ENQUIRY*

Press B and D to browse through Fitboy's status:

- Name
- Current Body Shape
- Weight
- BMI
- PSI
- LSI

### *FOOD AND SNACK*

Diet plays a crucial role in maintaining a healthy life. Different foods are available for you to choose from. (Many good and some bad!) Please refer to the appendix for the calorie content of different foods. The general rules are:

- You can choose a maximum of four foods for each meal;
- Unless you intervene, Fitboy will sleep or exercise; he will eat at some pre-scheduled time and choose whatever he wants to.
- Five minutes before the pre-scheduled meal time / snack time, the unit will show a cool animation (i.e. thinking of food, ) and play a meal time melody. At this time, leave the unit alone if you want your Fitboy to choose his own food.
- Choose the no food icon from the FOOD menu if you want to stop Fitboy from choosing his own food;
- You can then make your own selection of food from the FOOD menu.
- Depending on your choice of foods and the time of the day, different combinations of animation will be shown

When you choose his food,

- Go to the FOOD menu, press B and D to browse though different foods available;

- All foods are numbered. There are altogether 68 foods / drinks + water + No Food .
- If you want to choose the food / drink that is displayed, press C and you will hear a beep sound;
- Press B and D to browse for other foods and press C to select until you have chosen four items. The unit will then show the animation showing your Fitboy eating;
- If you choose fewer than four foods, press A when you think you have selected sufficient;
- Each meal session will last for 5 minutes. You can choose the no food icon from the food menu if you decide, after all, that Fitboy should not take your chosen food. You can also select the no food icon if you have made a wrong selection and want to change it.

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Apart from food, water is crucial in maintaining a healthy life. Fitboy has to drink at least 8 glasses of water per day.

***EXERCISE***

Refer to the instruction manual for the activities / exercises available and the corresponding calorie consumption for an hour of continue exercise. In this game, each section of exercise lasts for 5 minutes. As in real life, you have to be patient and complete the training / activity.

- You cannot stop the current exercise before the session ends.
- You can not interrupt an exercise session with other activities apart from drinking water.
- You cannot have a meal or do other activities during exercise, However, you can drink water;
- Different exercises are available for Fitboy : running , cycling , swimming , jogging , surfing , karate , weightlifting , baseball , tennis , soccer , basketball , skiing , aerobics and skating .

***ACTIVITIES***

- There are several "games" (non-interactive) available for you and the unit to choose to keep Fitboy happy. They are: Dancing , Darts , TV Games , Art , Guitar , Piano , Playing Ball , Baseball Pitching , and watching television .

These activities will be chosen by Fitboy to do in his spare time, even though you do not ask him to do so.

***LIFE STYLE***

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Different daily activities are shown in this menu. Activities available are Toilet , Sleep / Wake Up , Brushing Teeth , Hair Styling , Vacuuming , Homework , Reading , Shower / Bath . All these activities are essential for a balanced life.

**REMARK**: Whilst Fitboy is fast asleep , you cannot get him to do different activities. If you want to ask him to do something, you have to wake him up first by choosing from the life style menu.

***DRESSING ROOM***

Check how your Fitboy looks when he is fit or unfit.

- There are four body shapes to choose from. These are: Underweight, Standard, Overweight and Obese.
- You can even change his clothes as well. Note you can give your Fitboy a new outfit every day.
- Having made your choice of clothes, the unit will show a picture of your Fitboy with his new outfit.

***MINI GAMES (USER INTERACTIVE)***

Three games are available for you to play: Table Tennis, Guess the Card and Tic Tac Toe.

Table tennis:

- Press B and D to move the racket.
- Press C to hit the ball back.
- You win after hitting the ball back 21 times.

**Guess the Card**

- Guess which card the computer is holding. There are 4 cards altogether.
- Press B and D to browse through the cards and press C to select your choice.
- If the chosen card is the same as the computer's choice, you win.

**Tic Tac Toe:**

- There are 2 horizontal lines and 2 vertical lines to make 9 squares.
- Use B and D to move the cursor around and C to place your dot.

- The first player to get three of his dots or squares in a row is the winner. Use your best tactics!

## SUGGESTIONS

It is your responsibility to give your Fitboy a healthy life. You should not be restricted to giving him a healthy diet. You should maintain a disciplined life style. Here are some suggestions:

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- Your Fitboy should have at least 7 hours of sleep a day and should not sleep for more than 10 hours;
- You should not let your Fitboy sleep between 12:00 and 20:00;
- You should wake your Fitboy up between 06:00 and 08:00 and give him breakfast between 06:00 and 09:00;
- Brush his teeth after waking up in the morning and before he goes to bed at night;
- You should let him have his lunch between 11:00 and 13:00; And have dinner between 18:00 and 20:00;
- Have regular exercise everyday But you should not over-exercise your Fitboy by giving him more than 4 exercise sessions a day;
- You should not let your Fitboy exercise during the hours he should be sleeping or burn more 2000 Kcal through exercise a day;
- You should not ask your Fitboy to exercise for at least one hour after each meal;
- You should get your Fitboy to take a shower everyday;
- You should train your Fitboy to concentrate on his main meals and should not take snacks in between.

## GAME END CONDITION

Take good care of your Fitboy and he will be your best friend. Sometimes, however, your Fitboy will get sick and have to go to the doctor. Different scenarios will prompt different animations. For example:

When your Fitboy is sick (i.e. reaching the game end), he will be taken to the hospital for further treatment (one of the animations above will be shown continuously on screen). Apart from button C all other keys will be disabled. Press C to toggle between the animation screen and the time / date screen. You can now restart the game by pressing the RESET key.

When your Fitboy is in the hospital, he will still conduct a disciplined life. This means that he will go to bed and have food as usual. As a result the dreaming of food animation and the sleeping animation

will be shown occasionally after the game end animation. The only different is you are not able to control the lifestyle of your Fitboy anymore. To gain control of your Fitboy again, press the RESET key to start a new game.

## RESET

If you want to start over from the beginning at any time, or reach the end of the game or if the unit malfunctions, press the RESET button on the back of the cabinet using a pointed device.

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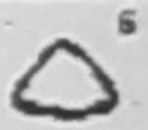
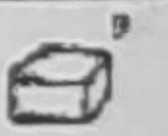
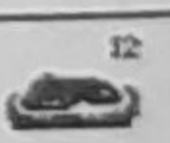
## APPENDIX

The table below shows the calorie content for different foods provided by the unit. Apart from water and no food, each food / drink item is numbered on screen for your easy reference.

| | Food | Reference calories content | Icon |
|---|---|---|---|
| | Water | 0 | |
| 1 | Full Fat Milk | 140 | |
| 2 | Bacon | 60 | |
| 3 | Egg | 85 | |
| 4 | Regular Yoghurt | 80 | |
| 5 | Sausage | 300 | |
| 6 | Sugar | 10 |  |
| 7 | Salt | 0 | |
| 8 | Bagel | 220 | |
| 9 | Butter | 100 |  |
| 10 | Cream of Chicken Soup | 800 | |
| 11 | Cheeseburger | 350 | |
| 12 | Sirloin Steak | 1200 |  |
| 13 | French Fries | 250 | |

| | Food | Reference calories content | Icon |
|---|---|---|---|
| 14 | Pork | 180 | |
| 15 | Pizza | 900 | |
| 16 | Mackerel | 100 | |
| 17 | Ice Cream | 200 | |
| 18 | Bacon Sandwich | 500 | |
| 19 | Meat Pie | 280 | |
| 20 | Chocolate Cake | 300 | |
| 21 | Jam Donut | 160 | |
| 22 | Prime Rib | 700 | |
| 23 | Pepperoni | 300 | |
| 24 | Croissant | 200 | |
| 25 | Crisps/Chips | 500 | |
| 26 | Peanuts | 280 | |
| 27 | Sweets/ Candy | 80 | |
| 28 | Cola | 150 | |
| 29 | Soda | 100 | |
| 30 | Hot Dog | 250 | |
| 31 | Full Fat Cheese | 80 | |
| 32 | Chocolate | 100 | |



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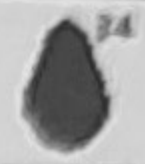
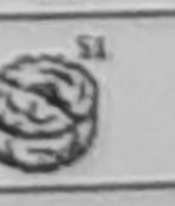
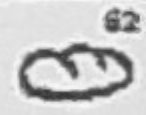
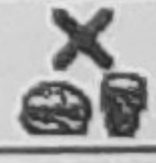
| | Food | Reference calories content | Icon |
|---|---|---|---|
| 33 | Milkshake | 160 | |
| 34 | Avocado | 190 |  |
| 35 | Cereal | 170 | |
| 36 | Skimmed Milk | 70 | |
| 37 | Toast | 160 | |
| 38 | Unsweetened Fruit Juice | 80 | |
| 39 | Low Fat Yoghurt | 50 | |
| 40 | Baked Beans | 30 | |
| 41 | Tea | 0 | |
| 42 | Coffee | 0 | |
| 43 | Artificial Sweetener | 0 | |
| 44 | Low Fat Spread | 50 | |
| 45 | Granary Bread | 150 | |
| 46 | Vegetable Soup | 50 | |
| 47 | Low Fat Burger | 200 | |
| 48 | Baked Potato | 80 | |
| 49 | Broccoli | 8 | |
| 50 | Cabbage | 20 | |
| 51 | Tuna | 90 |  |

| | Food | Reference calories content | Icon |
|---|---|---|---|
| 52 | Chicken | 110 | |
| 53 | Strawberries | 15 | |
| 54 | Cod | 80 | |
| 55 | Fish Cake | 60 | |
| 56 | Lettuce | 10 | |
| 57 | Tomatò | 20 | |
| 58 | Onion | 20 | |
| 59 | Ground Beef | 170 | |
| 60 | Rice | 230 | |
| 61 | Pasta | 800 | |
| 62 | Low Calorie Bread | 160 |  |
| 63 | Crumpet | 55 | |
| 64 | Apple | 100 | |
| 65 | Banana | 80 | |
| 66 | Orange | 40 | |
| 67 | Diet Soda | 70 | |
| 68 | Low Fat Cheese | 40 | |
| | No Food | 0 |  |

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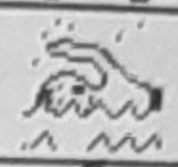
| Exercise | Reference Calories Consumption | Icon |
|---|---|---|
| Running | 400 | |
| Cycling | 300 | |
| Swimming | 500 |  |
| Jogging | 300 | |
| Surfing | 500 | |
| Karate | 300 | |
| Weightlifting | 350 | |
| Baseball | 500 | |
| Tennis | 900 | |
| Soccer | 1200 | |
| Basketball | 1200 | |
| Skiing | 500 | |
| Aerobics | 300 | |
| Skating | 400 | |

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